



FOH

Federal Occupational Health
a component of the US Public Health Service



New Beginnings

It's a new year, a time for evaluating where, how and who you are. Are you feeling good about your health, your relationships, your work, your finances, etc? If so, wonderful!! If not, think about making some changes. Since making changes is not easy, think about using the Employee Assistance Program (EAP) to get information or guidance. There are several ways you can benefit from this free, confidential program.

- Log on to the EAP website at www.FOH4you.com. Then you can simply click on the **"Enter"** button and you have an incredible range of topics and tools at your finger-tips, ranging from self-assessments to interactive self-development programs to health information and child- and eldercare resources and information about depression, stress, and achieving a balance between work and the rest of your life.
- Participate in online seminars through the website above. On January 17 at 1 p.m. EST, the topic will be how to put your time and effort towards the goals that are truly important and stay on track to achieve those goals. February 21, also from 1-2 p.m. EST, the discussion will be about how to stick to your health, diet and fitness goals. You can register for those seminars on the website. Participant space is limited, first come first serve is applied, so register early.
- Call the toll-free number 1-800-222-0364 or TTY 1-888-262-7848. You can talk to a licensed mental health professional telephonically right then or arrange to meet a counselor at a time convenient for you for free consultation and coaching about how to make the changes you want. By calling these numbers, you can also arrange to speak with a financial or legal consultant about general concerns you may have.

Hopefully 2005 was good for you. But we all face challenges in our lives and even if 2006 is better than 2005, those challenges may come up. Try the EAP. Those who have are appreciative of the assistance, almost 100% saying they'd recommend the EAP to others. Take their word for it.

Contact your EAP at 1-800-222-0364
TTY: 1-888-262-7848
www.FOH4You.com